

# STUDY SMART: MAKE TEST QUESTIONS

*Students practice studying by making up test questions*

## **Zone In** **Question of the Week**

1. Tell students they will present either a YES or NO to the question. They have 2 minutes to put together their arguments.
2. Question: *Should doctors prescribe anti-depression medication to teenagers who are depressed?*
3. Group can divide into YES and NO sides; or assign. Groups chooses a Speaker.
4. Time 2 minutes. Each side's Speaker presents for 1 minute.
5. Ask for show of hands—YES, NO.

## **Topic** **Studying for tests with practice questions** (Materials: **Teenage Depression ♦♦** and index cards)

## **Introduction**

**Ask:** How do you study for English tests? Does anyone have advice?

**Explain:** Techniques for studying:

- Re-read class notes.
- Re-write or summarize notes. (Go to the Passing Zone for forms!)
- Skim readings (read quickly). Use highlighter, underline, or take notes.
- Know what kind of questions will be on the test. Ask your teacher.
- Make up test questions and answer them.
- Don't wait until the last minute to study.

## Activity

Making test questions to help study for tests.

- Distribute the reading **Teenage Depression ♦♦** and 2 index cards to each student.
- Have everyone read the handout. Students may read in pairs.
- After reading, ask students to think of two test questions based on the reading. Have each student write his/her name and one test question on each index card.
- Collect all the cards, shuffle them, and give them to a student to hand out, two per student.
- Have students answer questions and ask the writer of the question (whose name is on the card) if they gave the correct answer.

## Wrap up

Go to the **Passing Zone** for more study ideas. There are index cards for flash cards, and for making up questions. Go with a friend to study.



CLINIC 18 HANDOUT

# TEENAGE DEPRESSION

According to Young Minds, in a school of 1,000 pupils aged 14 to 18, 50 of them might be seriously depressed. As many as 1 in 5 could be affected at some time. We investigate why more and more teenagers are suffering from mental illness.

## **A difficult time**

Being a teenager has always been difficult. Emotions and moods change quickly. Many teenagers feel confused and scared. These days, experts say that things are even harder. Peter Wilson, the Director of Young Minds, says, "We live in particularly difficult times for a growing youngster. There are huge cultural pressures and a lot of broken homes."

## **No one is happy all the time**

Everyone feels unhappy, lonely, or misunderstood from time to time. But a few teenagers become depressed for weeks or months without change. They begin to find that they can't continue with their normal lives. Many teenagers don't want to ask or don't know how to ask for help. They may not even realize they are depressed. It is usually other people—friends, parents, or teachers—who see the signs of depression and offer help. One teenager explained that after a close friend died she stopped believing that anything could be any good. She says, "Things were bad for me for a year, until, fortunately for me, a teacher noticed that things were wrong."

If you see signs of depression in yourself or a friend, there are lots of things that can be done. You can't expect yourself, or someone else, to just "snap out of it." You need to find ways to cope with feelings.

## **How to help yourself or someone else**

If you are worried about a friend, listen to their problems and try to be patient. Most important, try and help them find help. If you're feeling blue yourself, don't panic—you are not the first person to feel like this. Try writing things down in a diary or talking to a friend. You could also write a poem or song, listen to music, or draw a picture to express your emotions. Most important of all, do something you enjoy, whether it's watching TV, playing sport(s), or just going for a walk.

## **Talk to someone**

It is a good idea for teenagers who feel depressed to talk to someone they feel comfortable with. But if they don't want to talk to friends and family there are lots of people who are there to help. They could talk to their teacher, school nurse, or maybe their doctor. There are also telephone helplines which give help to anyone with a problem.